



# Speak Up About Diagnostic Imaging!

*Talking with your doctor can help ensure meaningful, cost-effective health care.*



## Talk to your doctor about imaging

*These questions can help prevent unnecessary diagnostic imaging exams and help reduce the added time, risk, and out-of-pocket expense they cause:*

- **Is a diagnostic exam the only way to find out if something is wrong?**  
*There are many ways for your doctor to find out if there is a problem.*
- **Will the information from the imaging exam change what you do next?**  
*Talk with your doctor about her entire plan for treatment.*
- **How much risk is involved in the study?**  
*Ask your doctor if the information needed can be found from a type of exam that has a lower risk.*
- **Does the test use radiation?**  
*Ask if there is a way to reduce the amount of radiation used in the exam.*
- **Will a radiologist be involved in my exam?**  
*To get the best results from your imaging exam, be sure a radiologist will be involved in giving and looking at the results of your imaging exam.*

## Keep a record of your exams



*It is wise to keep a log of all of the diagnostic imaging exams you've had throughout your lifetime.*

### Why?

*Keeping a log helps doctors know what type of tests you've had and whether they can use earlier images instead of ordering more images. This will help you avoid extra radiation and the stress and cost of extra exams.*

### What information should I log?

*Jot down the date, time, body part imaged, type of study, and the city, state, and facility in which you've been examined.*

### What type of studies should I log?

*All of them!*

*By talking with your doctor about imaging exams and telling her about past exams, you save time, reduce risks, lower your out-of-pocket expenses—and ensure the best for your health today and tomorrow.*

